REGINA metro®

NEWS WORTH SHARING.

PRAIRIE SKIES MUSICAL THEATRE CO. PRESENTS

YOU'RE A GOOD MAN, CHARLIE BROWN

AUG 6-24 2013

PRAIRIE SKIES musical theatre co.

FOR MORE INFORMATION & TO PURCHASE TICKETS

PRAIRIESKIESSK.COM

GLAMPING? YURT WELCOME

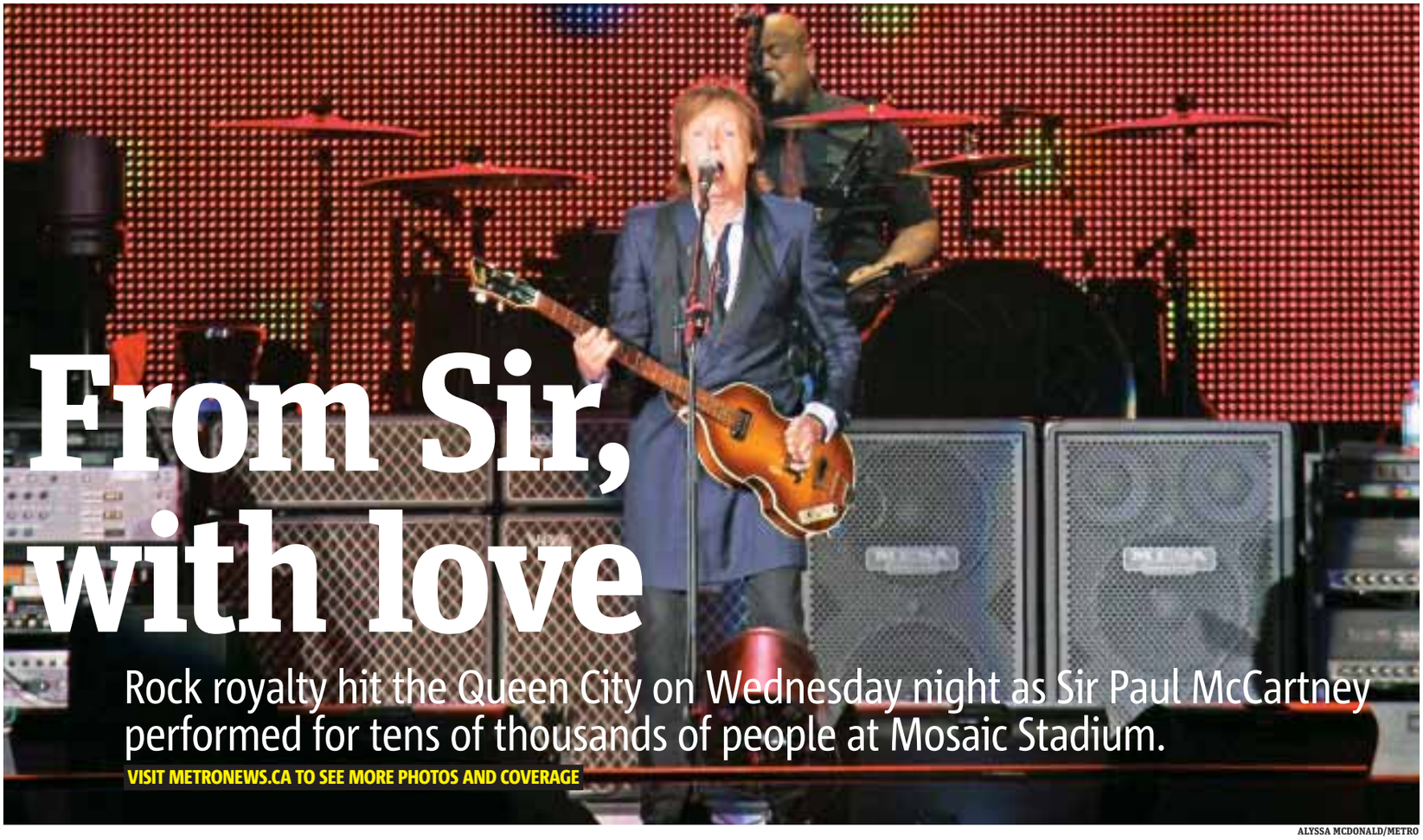
TWO METRO REPORTERS BRAVE THE WILDS OF KING-SIZE BEDS, FLUFFY PILLOWS AND PINOT NOIR. DOES THIS MEAN THEY'VE LOST THEIR WILDERNESS CRED? PAGES 6 & 7

Helping You Home

KERRIE MOORE
THE MORTGAGE GROUP
P: 306.531.4331
E: kerrie.moore@mortgagegroup.com
T: @KerrieMooreTMG

TMG

MORTGAGE BROKERAGE #315872



From Sir, with love

Rock royalty hit the Queen City on Wednesday night as Sir Paul McCartney performed for tens of thousands of people at Mosaic Stadium.

VISIT METRONEWS.CA TO SEE MORE PHOTOS AND COVERAGE

ALYSSA MCDONALD/METRO

Westridge HOMES

Show Home Opening August 24

4949 Wright Road – Harbour Landing

Saturday, August 24th 1pm – 4pm
Sunday August 25th 2pm – 4pm

At the Centre of it all

CENTRE SQUARE PLACE

Sophisticated. Stylish. Distinctive.

Floors *10*

Condos *71*

1 Bedroom *from 1017 sq.ft.*

2 Bedroom *from 1389 sq.ft.*

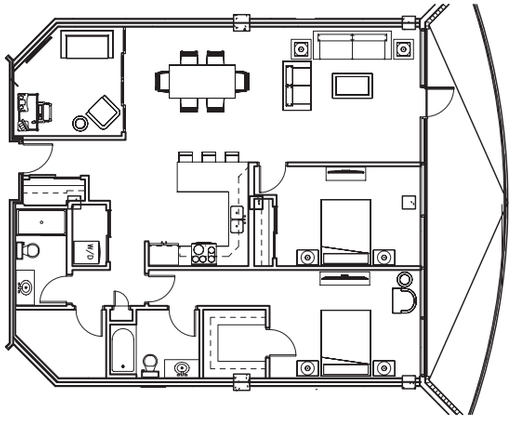
Townhouses *from 1380 sq. ft.*

Finishing *Hardwood floors, granite countertops, stainless steel Energy Star® appliances*

Amenities *Rooftop patio and fitness centre, green roof, underground car and bike parking, amenity room*

Bonus *3 year tax exemption*

Regina has never looked so good.
Ask about our Willow unit.



Show suite – 2139 Broad Street
306.565.2300 / www.centresquareplace.com

Plant referendum on Sept. 25

City hall. Council finalizes logistical details of vote to determine future of wastewater facility

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

Regina voters will head to the polls on Sept. 25 to decide the fate of the proposed P3-funded wastewater plant.

During a special meeting Wednesday, city council confirmed the date of the referendum on the plant, as well as the number of polls available to voters and other logistical details.

Council opted for 30 polls — the same number as the 2012 municipal election — which will be open from 9 a.m. to 8 p.m.

"It didn't take very long to get the conclusion (to support this option)," Mayor Michael Fougere said.

As both sides continue rolling out ads, city hall has come under fire for the behaviour of some unelected staff members, who have been actively instructing residents to support council's decision.

Regina Water Watch spokesman Jim Holmes argued that it was unethical for supposedly non-partisan bureaucrats to openly campaign in support of the plant.

"(The Local Elections Act) says public employees are not to be involved in an election," he said.

Fougere, however, said he has no issues with administration staff campaigning in favour of council's position, comparing the city's efforts to the federal government's actions in the 1995 Quebec sovereignty referendum — where Ottawa aggressively promoted the "no" side.

"It's important for people to understand that position," he said Wednesday. "Both sides are explaining their positions."

Fougere added that the city manager has set forward a $340,000 "education" budget to fund advertising encouraging residents to vote no.

This funding is separate from the $120,000 council voted Wednesday to provide to the city clerk's office for non-partisan referendum advertising, such as pointing out the location of polls.

Mayor Michael Fougere addresses the media following city council's decision to hold a referendum on the proposed P3-funded wastewater plant on Sept. 25. MARCO VIGLIOTTI/METRO

Athletics commission to govern MMA

The province is setting up an athletics commission that will have the authority to sanction professional combative sports, including MMA.

The move comes after the House of Commons passed a bill in June legalizing contact sports such as MMA.

The legislation makes professional boxing and MMA contests legal in Canada when they have the authorization of a provincial athletics commission.

Quoted

"A provincial athletics commission will help ensure the safety of everyone involved in professional combative sport competitions."

Sport Minister Kevin Doherty

Only boxing was allowed under the old prize-fighting law, leaving combat sports, including taekwondo, karate and MMA, in legal limbo.

Steps are underway to have the commission in Saskatchewan running by next summer.

The commission will be responsible for tracking competitors' fighting history and ensure safety protocols are enforced.

The Saskatchewan Martial Arts Association will sanction and oversee amateur combative sports including mixed martial arts, kickboxing, modified muay thai and full-contact karate.

THE CANADIAN PRESS

Taste of Tuscany Has Moved!
Come visit us in our new location, complete with NEW outdoor patio!
Daily Italian Lunch Buffet!
• Licensed and featuring Fine Italian Wines and Beer
• Fresh Baked Bread
• Specialty Paninis
• Authentic Italian Pizza
• The Finest Al Dente Pasta
• Gnocci made fresh to order
• Calzones and more...
BRINGING REGINA A TRUE TASTE OF ITALIAN CUISINE with every dish prepared fresh from a special family recipe straight from Florence, Italy.
We use an assortment of cheese, meats and other ingredients imported straight from the Tuscany region of Italy.
1851 Scarth St • 306.205.8401
In the Scarth Street Mall
NOW OPEN 7 DAYS A WEEK!
Monday-Saturday 10:30am - 9:30pm, Sunday 4pm - 9pm

Money, money, money ... audit found a litany of dubious travel claims

On Tuesday, the Senate called in the RCMP after an audit called into question a litany of dubious travel claims — spanning nearly all of Sen. Pamela Wallin's term, which began in 2008. Among the claims that the auditors flagged:

Flagged. Billing $81 when she drove from her home in Wadena to Saskatoon to speak at a $100-a-plate Conservative fundraiser.

Flagged. Billing $1,281 to fly to Toronto to attend a luncheon where the chief executive of Porter Airlines gave a speech.

Flagged. Billing $2,042 to give the convocation address at the University of Guelph where she was chancellor on June 15, 2011.

Flagged. Claiming $741 to fly to Toronto on Feb. 25, 2012, to be a judge at the National Business Book Awards.

Tories get a Wallin walloping

NDP MPs Paul Dewar and Nycole Turmel speak out about the Wallin expense scandal in Ottawa on Wednesday.
SEAN KILPATRICK/THE CANADIAN PRESS

Conservatives' rivals pile on. Stephen Harper should have seen 'the red flags,' says Liberal MP Stéphane Dion

With the Senate expense scandal burning ever brighter, the Conservative government's rivals wasted little time Wednesday making political hay out of a scathing independent audit of Sen. Pamela Wallin's travel claims.

The New Democrats amplified their long-standing call to abolish the Senate outright.

The Liberals accused Prime Minister Stephen Harper of showing poor judgment when he vouched for Wallin's expense claims earlier this year.

Liberal MP Stéphane Dion and Sen. James Cowan, the party's leader in the Senate, said a pattern of dubious decisions on the prime minister's part is beginning to emerge over the spending scandal in the upper chamber.

Harper told the House of Commons in February he had personally looked at Wallin's travel costs, saying they were on par with other parliamentarians travelling between Ottawa and Saskatchewan.

But Dion said: "At first glance, the prime minister should have seen the red flags. It should have raised alarms. Without indeed knowing all the details at first glance, at broad review, he should have seen the problems.

"The pattern is repeating itself." THE CANADIAN PRESS

Quoted

The audit is "fundamentally flawed and unfair."

Pamela Wallin, denouncing the audit. She has already repaid $38,000, and she has promised to reimburse any disallowed expenses out of her own pocket, with interest.

CHECK ENGINE LIGHT ON?
YOU'VE DELAYED THOSE REPAIRS LONG ENOUGH!
Summer Special
Includes:
• Oil & filter & lube
• Check block heater
• Check anti-freeze for strength & condition
• Check air filters, fluids & wiper blades
• Check tire pressure & wear
• Check under carriage, lights, hoses, belts, battery cables & ends
45.95
Summer Engine Care Package
Get rid of the sludge in your engine walls, the sticking fuel injector in rail and throttle body • Tune-Up • Oil Change • Purge Fuel Injectors • Engine Flush
4-cyl. 187.00
6-cyl. 204.00
8-cyl. 219.00
Brake Service
Includes pads or shoes & turning rotors, drums repack wheel bearings when required. Labour included.
Drum Rear 149.95
Disc Front 159.95
Scan Computers for Codes
Engine, ABS, Airbags
85.00
Balance and Rotate
All 4 tires, including labour
50.00
Transmission Service
• Includes • Filter • Gasket • Fluid • Labour
110.95
FMC Computerized Thrusts Alignments
Two Wheel 59.00
Four Wheel 69.00
Plus shims if required
Cooling System Flush
Includes new anti-freeze and chemicals & labor
110.95
Minor Tune-Up
Includes plugs and labour
4-cyl. 88.95
6-cyl. 104.95
8-cyl. 113.95
SGI Accredited Inspection Station
Taxi, First time registration & total loss 120.00
Fuel Injection Purge
System Includes labour, and chemicals
95.00
Boot Service
Check CV Boots & Joints, repack with new grease and new clamps
105.95
PRO CERTIFIED AUTO SERVICE 2009 LTD.
2505 - 4th Ave. N. • 359-3323

Hundreds die on Egypt's bloodiest day

The world looked on in shock Wednesday as searing violence engulfed Egypt.

Running street battles broke out in Cairo and other cities as a state of emergency was declared.

The white heat of anger flared when riot police backed by armoured vehicles, bulldozers and helicopters swept away two encampments of supporters of ousted president Mohammed Morsi.

And the death toll rose inexorably: At least 278 people were killed nationwide.

Canada called for calm while Egyptian Canadians watched in horror from a distance.

Foreign Affairs Minister John Baird expressed deep concern and called on Egypt to implement much-needed changes to ease tensions.

Canada supports "a transparent democratic system that respects the voices of its citizens," Baird said.

All day Wednesday, pictures and video images of the violence could be seen on the Facebook site Egyptian Canadians For Democracy.

One video posted on the page showed footage of body bags lined up on a sidewalk.

Another post read "God have mercy on Egypt."

It was the deadliest day in Egypt since the 2011 revolution against Morsi's predecessor, Hosni Mubarak, began.

Meanwhile, Vice-President Mohamed ElBaradei, a Nobel Peace Prize laureate, resigned in protest over the violence.

He said he was not prepared to be held responsible for "a single drop of blood."

As well, three journalists, including a cameraman for British broadcaster Sky News and a Dubai-based newspaper reporter, were killed and several were injured in the violence.

Media watchdogs around the world urged Egypt to investigate all attacks on journalists and to hold those responsible to account.
THE ASSOCIATED PRESS

A woman holding a stick encounters a member of the security forces in Cairo on Wednesday. IMAD ABDUL RAHMAN/THE ASSOCIATED PRESS

Amanda,
Call Centre Trainer,
Rogers
Moncton, NB

It takes a lot to get world-class cellphone service in a country this big. I doubt Americans will bother with cities like mine.

I believe communities like the Monctons of Canada should get the same technology as the big cities do. That way, my neighbours can be as productive and as plugged in as people in any other part of the country. It makes me proud. It's a very Canadian thing. But I hear the government is inviting a giant U.S. cellphone company to Canada. What will this mean for smaller towns in Canada? I'm afraid it's bad. Will this giant U.S. company virtually ignore small communities like mine and focus on big cities? That's where all the money is, right? You know, when smaller towns and cities are left behind, it doesn't just hurt me and my neighbours—it hurts the whole country.

All we want is for it to be fair for Canadians. Ottawa should close the loopholes.

To find out more, go to FairForCanada.ca

This message is sponsored by your Canadian Wireless Companies:
Bell • Rogers • TELUS

Sweetheart deals for U.S. giants are a bad call for you.

There is no definitive glamping experience, with accommodations ranging from simple tents to extravagant stays costing $10,000. From left: REO Rafting in B.C., Fireside Resort in Wyoming and Clayoquot Wilderness Resort in B.C. CONTRIBUTED

What on yurt is this?

Glamping. Like regular camping's cousin, but with more glitter

JESSICA SMITH
jessica.smith@metronews.ca

You're lying in your tent, a little thirsty.

If you throw on your boots and head to the pot of purified water by the fire pit — you're camping.

If you ring the bell on your bedside table and ask the butler for a wine spritzer — you're glamping.

Glamping — glamorous meets camping — is the kind of vacation that straddles two worlds: The rugged outdoors and keep-your-hands-clean comfort of home.

"The idea started when the British would go down to Africa for safaris and they would have their big luxurious canvas tents, pack a bed," said Ruben Martinez, co-founder of GlampingHub.com. "To the best of our knowledge, that's where the idea started and over the last few years the trend has grown."

Sometimes, the difference between camping and glamping is little: A canvas tent and a real bed, versus nylon and a bedroll. But most anything can be glamping if it's not a traditional house, hotel, RV or cabin and provides immediate access to nature.

"These places keep popping up," Martinez said. "They range from relatively simple tents, tree houses, yurts to the really extravagant."

How extravagant?

"Some of these places have butlers, they have wine service, fantastic views, king-sized bed — you name it," he said. "Some of these places can be pretty ridiculous."

One of Canada's most glamorous is the Clayoquot Wilderness Resort.

"We're in the heart of Clayoquot Sound in the middle of the UNESCO world biosphere," said Katherine MacRae, director of marketing for the resort. "We're 40 minutes by boat to the closest town and there's no road access."

The all-inclusive resort includes the seaplane trip from Vancouver, locally sourced five-course meals with wine pairings and activities.

"We have world-class salmon fishing out here, horseback riding is one of our big adventures," said MacRae, adding there's also a spa, hiking, skeet shooting, kayaking, archery, rock climbing and paintball.

MacRae says her resort was the original North American tented safari. An all-inclusive tent for two costs $9,500 for three nights.

Canada has its fair share of yurts, but glamorous camping is worldwide.

At the Four Seasons Tented Camp Golden Triangle in Thailand, you'll arrive riding an elephant to your tent, which is billed as "reminiscent of 19th-century adventure expeditions with handcrafted furniture, hardwood floors and traditional thatched roofs."

From there, you eat fine Thai dining, go to the spa, swim in one of the pools or go on an excursion.

Prices fluctuate, but three nights for two guests in January 2014 will cost more than $10,000 for the "superior" tent, more for the "deluxe."

Metro tries it out

Liz 'n' Liz go glamping

Last week, Metro writers and avid campers Liz Brown and Liz Beddall gave glamping a try with Long Point Eco-Adventures in St. Williams, Ont. Here's what they thought of the experience:

Liz Brown and Liz Beddall toast to the good life on the porch of their wilderness suite with Long Point Eco-Adventures in St. Williams, Ont. Aside from offering visitors luxury accommodations and on-site activities, the facility prides itself on being deeply eco-conscious. LIZ BEDDALL/METRO

Beddall: Well Liz, we went glamping and survived. Nay — thrived! When's the last time you returned from a wilderness excursion with thoroughly conditioned hair and a belly warm with Pinot Noir?

Brown: Never, Liz. But I've also never set up camp across the road from a winery — Burning Kiln Winery to be exact. But the best perk for me was a flush toilet inside the tent. No more hikes to the outdoor can for me!

Beddall: I felt the pièce de résistance of our stay was the king-sized bed we snoozed in after our Zodiac boat tour and astronomy lesson. The plump pillows were a slight step up from the toilet paper roll I once employed on a canoe trip to cushion my cranium against a bed of rocks.

Brown: What about the built-in shower? I had some doubts about scrubbing up in the open air, but the stream of steamy water on a cool morning was incredibly refreshing. But enough about the tent, what about the activities?

Beddall: Once we left our tent of wonders, the glamping experience seemingly ceased. Zip-lining high above the Long Point Bay World Biosphere is not, at least for me, a soothing experience. Having those options made me feel less like I was a traitor to the camping community. You?

Brown: Let's not kid ourselves. We're losing some roughing-it cred by waxing on about glamping. Saying we went zip-lining isn't going to redeem us.

Beddall: You're right. The likelihood of us being excommunicated from the backwoods brotherhood is high. But Liz, no one can fault us for accepting a pizza delivered directly to our tent, courtesy of local restaurant Surfside Pizza.

Brown: True. And it's not like hardcore campers come out of the bush looking forward to a homecoming meal of jerky and granola. So, what's the verdict? Are you a glamping convert?

Beddall: Liz, the call of the unvarnished wilderness will always grunt loudly in my ear, but I'll never forget the sweet, siren-song of the ever so decadent Eco-Adventures camp in St. Williams.

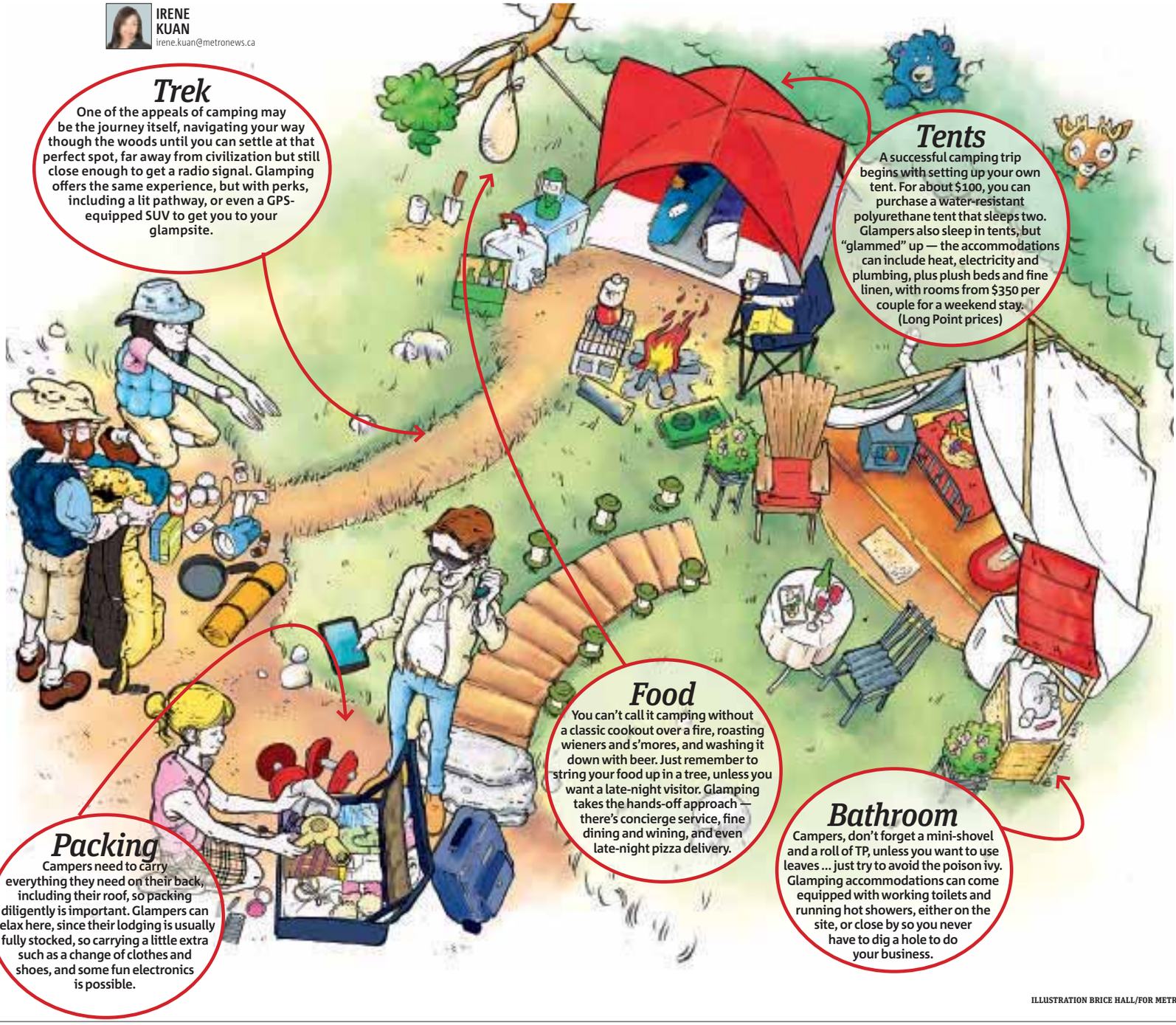
Exclusively online

Go to metronews.ca for more on glamping:

- See photos of the most glamorous glamping destinations in the world
- Click through an interactive, detailed version of the glamping graphic
- Follow Metro reporters' glamping adventure (in photos)

Glamping vs. camping

IRENE KUAN
irene.kuan@metronews.ca



Trek

One of the appeals of camping may be the journey itself, navigating your way though the woods until you can settle at that perfect spot, far away from civilization but still close enough to get a radio signal. Glamping offers the same experience, but with perks, including a lit pathway, or even a GPS-equipped SUV to get you to your glampsite.

Tents

A successful camping trip begins with setting up your own tent. For about $100, you can purchase a water-resistant polyurethane tent that sleeps two. Glampers also sleep in tents, but "glammed" up — the accommodations can include heat, electricity and plumbing, plus plush beds and fine linen, with rooms from $350 per couple for a weekend stay. (Long Point prices)

Food

You can't call it camping without a classic cookout over a fire, roasting wieners and s'mores, and washing it down with beer. Just remember to string your food up in a tree, unless you want a late-night visitor. Glamping takes the hands-off approach — there's concierge service, fine dining and wining, and even late-night pizza delivery.

Bathroom

Campers, don't forget a mini-shovel and a roll of TP, unless you want to use leaves ... just try to avoid the poison ivy. Glamping accommodations can come equipped with working toilets and running hot showers, either on the site, or close by so you never have to dig a hole to do your business.

Packing

Campers need to carry everything they need on their back, including their roof, so packing diligently is important. Glampers can relax here, since their lodging is usually fully stocked, so carrying a little extra such as a change of clothes and shoes, and some fun electronics is possible.

ILLUSTRATION BRICE HALL/FOR METRO

Oh Gadd: Silly glampers, heels are for cities

Glamping may seem like a good idea to some, but to an expert camper it's a "silly" idea.

Ben Gadd, naturalist, geologist and author of the Canadian Hiker's and Backpacker's Handbook, is an expert in helping ordinary people experience the wilderness.

He was a guide at Jasper National Park in Alberta for more than 30 years and glamping doesn't impress him at all.

"I think glamping sounds quite silly, but fun," said Gadd.

"It's as if you're taking the most extreme elements of city life, like high heels and glasses of wine, and you're taking that into the situation where we lived as hunter-gatherers.

"It seems to me almost a spoof. I couldn't take it seriously. I don't know how it would have some sort of benefit to you."

Asked why people from the cities go into the wilderness, Gadd says: "It's because, I think, that's where we come from.

"Our species grew up in the wilderness and, like any other organism, we search out the environment in which we're most likely to prosper.

"Any creature knows that instinctively."

If people want to try serious camping, the Alpine Club of Canada has a network of groups, events and mountain huts to help. Visit alpineclubofcanada.ca for information. MIKE DONACHIE/METRO

Ben Gadd CONTRIBUTED

Roommates set out to buy nothing for a year

Less is more.
'I realized these things don't make me any happier,' Calgary man says of the 'stuff' he has already accumulated

ROBSON FLETCHER
Metro in Calgary

Two Calgarians are taking the Buy Nothing Day concept and multiplying it by 365.

Roommates Geoff Szuszkiewicz and Julie Phillips set out on a Buy Nothing Year on Aug. 3, an undertaking they plan to continue until the same date in 2014, when Szuszkiewicz turns 31.

As part of this "life experiment," the pair have immediately given up spending money on household and personal items — including cleaning products and clothes — and they plan eventually to ramp it up to the point where they pay for nearly nothing.

"In three months we're going to discontinue purchasing of services — that means we're not going to be buying haircuts, eating out any more or paying for transportation," Szuszkiewicz said.

They already have a head start on that phase, however, since Phillips' car broke down and she opted to give the beater away rather than fix it. She now uses a bike as her main mode of transportation, while Szuszkiewicz has given up the bus and commutes to work on foot.

By the final month of the experiment, they aim to give up spending on groceries, relying instead on an at-home aquaponics system (built with donated or bartered materials) and supplementing their food stocks through trade.

They do plan to continue paying their power bill, however, and use their previously purchased electronics to document their journey online.

"We don't want to be these extremist hippies living without electricity," Phillips laughed.

If they make it all the way through the year — and Szuszkiewicz admits "there could be room for failure" — they plan to use some of the money they save to set up a grant program for others interested in taking on projects with similar philosophies.

That, and a little reward for themselves.

"We'd like to go on a trip to Thailand and get tattoos," he said.

Re-examining the definition of necessity

The pair got the idea after the June flood forced Julie Phillips to change her accommodation plans and move in with her friend Geoff Szuszkiewicz.

- Phillips said she had to get rid of about 80 per cent of her "stuff" in the process, forcing her to re-examine her definition of "necessity."
- To follow their journey online, visit buynothingyear.com.

Julie Phillips and Geoff Szuszkiewicz hold Pepper, an animal they are "bunny-sitting" for a friend in exchange for wine. They expect bartering to figure prominently in their Buy Nothing Year. ROBSON FLETCHER/METRO

Amazing $#!@& Race

Bodybreak guru admits she cussed

BodyBreak fitness guru Joanne McLeod has issued a statement admitting she used a swear word during Monday's episode of The Amazing Race. McLeod and partner Hal Johnson, known to Canadians for their sunny TV family fitness vignettes, were eliminated from the series after an arduous test in Regina this week. During the episode, McLeod seemed to drop an F-bomb. THE CANADIAN PRESS

Market Minute

DOLLAR
96.82¢ (+0.14¢)

TSX
12,639.30 (-2.89)

OIL
$106.85 US (+2¢)

GOLD
$1,333.40 US (+$12.90)

Natural gas: $3.34 US (+6¢)
Dow Jones: 15,337.66 (-113.35)

Recession. For some EU firms, recovery's already underway

Minube, a travel startup on the outskirts of Madrid, is doing something that many Spanish companies haven't thought about for years — it's hiring.

The company, which sells bookings as it helps travellers share their experiences using social media, has nearly doubled its head count to 30 from 17 at the end of last year. Business is booming as customers come in from across Europe — including some places hardest hit by Europe's economic crisis.

"We're finally starting to see a bigger growth curve in Spain, and the strong growth in Italy has been a surprise," Minube's co-founder, Pedro Jareno, said. "The improvements we are starting to see in the market are constant."

That brighter — or less gloomy — backdrop was confirmed in figures on Wednesday that showed that the longest-ever recession to afflict the eurozone came to an end in the second quarter of the year.

Eurostat, the European Union's statistics office, said the 17 EU countries that use the euro saw their collective economic output increase by 0.3 per cent in the April to June period from the previous quarter.

That's the first quarterly growth since the eurozone slipped into recession in the last three months of 2011. The ensuing recession of six quarters was the longest since the euro currency was launched in 1999. THE ASSOCIATED PRESS

Chris Pearrow works in the Madrid office of Minube, an Internet travel agency startup, on Tuesday. At Minube, something unusual is happening — the company is hiring. PAUL WHITE/THE ASSOCIATED PRESS

Tech trouble. Thai villagers block Google Street View car

Internet giant Google's Street View project, which has raised privacy concerns in several countries, has ignited a minor uproar in northern Thailand where villagers suspected its cameras were surveying for an unwanted dam project.

Google's regional communications manager Taj Meadows said Wednesday that the company was aware of the incident in Sa-eab village in Phrae province, in which about 20 residents blocked a Google camera-equipped car. Google's project takes photos to accompany its Google Earth map program.

The Manager newspaper reported that the villagers took the vehicle's driver to a local office to quiz him, then to a temple where they made him swear on a statue of Buddha that he was not working for the dam project.

The Prachatai news website said the villagers released the driver and later apologized to him and to Google.

Sa-eab village, 615 kilometres north of Bangkok, is known for its long-running dam protests by villagers and environmental groups.

"(We) apologize to the official, to Google, as well as to the Thai people throughout the nation and to the citizens of the world," the villagers' representatives wrote.

They explained that they were "extremely worried and there had been so many repeated cases that convinced the villagers to believe someone was trying to survey the area in disguise." THE ASSOCIATED PRESS

A Google camera is carried on a Florida beach. The Street View project caused a spat in Thailand when villagers thought the cameras were secretly surveying for a dam. VISIT FLORIDA/THE ASSOCIATED PRESS FILE

Dahong Investments Group Inc.
Office: 306-992-3255
Fax: 306-993-1939
107Albert St., Regina, SK Canada S4R 3B8
Doors • Security Cams • Electrical
Windows • Showers • Cabinets
Bidets • Counter Tops
Call for a FREE estimate
URGENTLY HIRING – Dahong Investments currently has full time openings for the following positions:
– 8 Roofers $20/hr
– 8 Painters $18/hr
– 6 Carpenters $22/hr
– 6 Floor Installers $20/hr.
– 6 Drywall Installers $22/hr
All permanent 40hr/week, WCB included.
Must have 3+ yrs exp. Resumés to info@dahong.ca

ROB FORD REALITY ROUNDUP

HE SAYS

John Mazerolle
metronews.ca

The Beaver Examiner brings you the latest fake news: **Alleged Drug Dealer in Photo Mortified to Appear with Rob Ford**

A 25-year-old man facing drug trafficking charges who appears in a newly distributed photo with Toronto Mayor Rob Ford says he is "deeply embarrassed" by it. "I'd like to apologize to my family, gang, and to anyone else I might have offended," said the man, who spoke to The Beaver Examiner on condition of anonymity. "I pose for a lot of photos, and if I had known it was Rob Ford, I would have politely declined." The uproar recalls a controversy last year when Ford appeared in a photo with a white supremacist. The supremacist later apologized.

'Bizarre' Viral Video Shows Rob Ford Working at Some Sort of White-Collar Job

Saying they've "never seen anything like it," millions of Internet users have watched a new video that shows controversy-prone Rob Ford working away at some sort of bureaucratic job. Vancouver resident Rob Blumer says he has watched the video, Zoning Amendment SD-97, on YouTube a dozen times. "It's bizarre," Blumer said. "I clicked it waiting to see Ford say something crazy, but he just stands there, talking with other guys in suits. It looks like he's in, like, a meeting hall." Blumer said. Ford never swears, walks into anything or falls over despite the video's length of almost 11 minutes. "I don't know what it means," Blumer said. "Maybe it's performance art."

Stephen Harper Resigns After Doing Any One Thing Rob Ford Has Done

Prime Minister Stephen Harper has resigned in disgrace after doing any one thing that Toronto Mayor Rob Ford has done. Exact details are still sketchy, but it's believed Harper may have lied about a DUI conviction, used his staff for personal business, threatened a couple at a hockey game, been accused of smoking crack, or said cyclists who die have only themselves to blame. "Whatever it is that he did, this is an unprecedented controversy for Harper and I see no way for him to recover from it," said political scientist Martin Lye. "No politician can do any one thing Rob Ford has done and still be electable."

'Fiscal Record What's Important,' Doug Ford Says as he Chases Incoherent, Naked Rob Ford Through Shopping Centre

Coun. Doug Ford launched a spirited defence of his brother Rob Ford's record Friday while frantically searching for the mayor in a downtown shopping centre where he had last been seen running naked and repeatedly yelling "Woo!" Lashing into assembled media, Ford said that reporters were only focusing on Rob Ford because he had apparently set his clothes on fire before running around the blaze in a circle shouting 'Let's party!' — forgetting that he had saved the city "more than a billion" dollars. "You can't attack us on our record, so you attack us just because he's over there skinny dipping in the coin fountain." As he propped up his brother from the fountain, Doug Ford noted that his brother had retrieved 45 cents on behalf of taxpayers.

ZOOM

Signed, sealed, delivered

DAVID HECKER/GETTY IMAGES

Rescued seals make their way home

Tim Fetting, left, and Peter Lienau from the Seehundstation Norddeich release young seals on the beach of the islands of Juist on Wednesday near Norddeich, Germany. The Seehundstation Norddeich is a facility for raising young seals who were separated from their mothers due to storms, disease or human disturbance and who would otherwise have little chance of survival.

Volunteers collect about 90 young seals a year from the North Sea German coast and care for the pups until they weigh about 25 kilograms before releasing them back into the wild. Sponsors pay for the costs of caring for the seals and get to name them. GETTY IMAGES

A zookeeper feeds herring to young seals in the Seehundstation.
DAVID HECKER/GETTY IMAGES

Sorry kids, I got to go

- Four to 50 days is the length of time true seals (pictured) suckle their pups.
- This is because their feeding ground is usually far from shore, so after lactation the mother will dash, foraging to replenish depleted energy.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

A tragedy happened in Egypt Wednesday, and the situation there is unlikely to improve soon. If you want a closer look at what's happening, here are three Twitter handles worth following.

Supporters of ousted Egyptian president Mohammed Morsi run from security in Cairo, Egypt, Wednesday.
MANU BRABO/THE ASSOCIATED PRESS

Andy Carvin (@acarvin):

National Public Radio's senior strategist is a peerless curator of news from around the world, with a particular shine for the Middle East and a talent for finding citizen images.

Samer Al-Atrush (@sameralAtrush):

A Cairo-based wire journalist who frequently treats his Twitter feed as a public display for his reporter's notebook, which can obviously contain grim stuff.

Heba Morayef (@hebamorayef):

The Egypt director for Human Rights Watch is on the ground in Cairo, where she regularly posts updates from field hospitals and protest sites.

Comments

RE: Ladies, If You've Ever Tried To Get Your Man To Care About Home Decor, Be Careful What You Wish For, published Aug. 13

This article did nothing but state the perfectly obvious: cohabitation means compromise. But the title reads like, "Ladies, make sure you don't get your man interested in decor, because you won't get your way."

I find the piece rather rude, and it's more of a blog update on Jessica's personal living situation than offering couples any practical or emotional advice of *how* to work out a compromise. Sorry that you went to all that trouble to force your partner's opinion out of him, only to find he disagrees with you.

Aeric posted to metronews.ca

Twitter

@metropicks asked: Volvo's technology detects cyclists and stops if needed. Is it the solution to cyclist fatalities?

@WilMcQueen: Lowering cyclist deaths can be achieved by cyclists not being self-righteous a—holes, weaving, red-light runners.

@benrankel: The only way to make driving really safe is to remove the most fallible element – the human driver.

@neanderstaal: Drivers paying attention is the real solution to cyclist (and pedestrian and motorist) fatalities.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Regina** Tara Campbell • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Kim Kintzle • **Distribution Manager:** Darryl Hobbins • **Vice-President, Sales and Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Finance** Phil Jameson **METRO REGINA** 1916 Dewdney Avenue Regina, SK S4R 1G9• **Telephone:** 306-584-2025 • **Toll free:** 1-877-895-7194 • **Fax:** 1-888-243-9726 • **Advertising:** adinforegina@metronews.ca • **Distribution:** regina_distribution@metronews.ca • **News tips:** regina@metronews.ca • **Letters to the Editor:** reginaletters@metronews.ca

SCENE

Accordionist stretches skills

Polka player. Jordan Rody fulfills a life-long dream when he takes the stage with Grammy-nominated band this week

BACKSTAGE PASS
Simon Hiatt
saskatoon@metronews.ca

Like many musically-minded youngsters, Jordan Rody grew up listening to the musicians he idolized, fantasizing of one day taking the stage with them.

The difference in Rody's case is that this weekend, that dream will come true when he takes the stage with the Western Senators.

"It's really cool how it's worked out, I've looked up to them for years, ever since I was little listening to their LPs," Rody said in a telephone interview from his home in Alberta.

"I never dreamed I would get to meet them let alone perform with them."

Another big difference between Rody and his contemporaries is his music of choice. He has grown up listening to polka albums and has spent the past five years teaching himself how to play the accordion.

His association with the instrument stretches back to when he was a baby and visited his grandfather, renowned accordionist Mike Kushneryk, in Prince Albert.

"My grandpa played for me in the playpen and when he first started I was terrified. But as he continued playing I warmed up to it, I have a picture of me reaching up for the accordion."

Kushneryk was one of the founding members of the Western Senators, a Grammy-nominated polka band based in Saskatchewan. And Rody will be carrying on the family legacy when he joins the band for two performances this weekend at the Northern Lights Bluegrass and Old Tyme Music Festival.

Band leader Brian Sklar is impressed not only with Rody's playing skills but also his willingness to master an instrument that might not necessarily be seen as being as cool as a guitar or drums.

"As a guy who grew up in Prince Albert, carrying a violin case across the bridge and being chased by hockey players, I understand the pitfalls of being a musician and particularly playing something like an accordion, because the accordion is the butt of a lot of jokes," Sklar said in a telephone interview from his home in Regina.

But Rody says he has experienced nothing but positive responses from his peers for playing the instrument.

"I did a show at my high school and they just loved it. They thought it was the coolest thing ever and I even had some people asking for lessons, it was really neat how they took to it after they saw me play."

Rody says he loves polka because it "is happy music that is meant to get you dancing." But he also feels a responsibility to keep playing accordion, not only to his family but the genre itself.

"I'm just trying to do my part in keeping the accordion and polka music alive, playing wherever I can to expose the accordion to the younger generations."

Nineteen-year-old Jordan Rody will be performing with the Western Senators at the Northern Lights Bluegrass & Old Tyme Music Festival Aug. 16 and 17. CONTRIBUTED

If you go...

The eighth annual Northern Lights Bluegrass and Old Tyme Music Festival runs Aug. 16 to 18 at Ness Creek near the Town of Big River. In addition to polka, it will feature bluegrass, gospel and other genres of music. For more information visitnorthernlightsbluegrass.ca.

RBC Royal Bank

MUCH MORE FOR $4

For $4 a month, RBC Day to Day Banking® gives you more for every dollar.

Get up to $100 in gift cards†.

VISIT AN RBC BRANCH AND SWITCH TODAY!
rbc.com/daytoday
1-866-335-2395

Advice you can bank on™

® / ™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. † To get $100 worth of gift cards/certificates, you will need a total of 12,000 RBC Rewards® points. To learn how, and for full offer details, go to rbc.com/termsandconditions.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Three big red Xs for Cowell after Electra breakup

While Lauren Silverman's reported pregnancy is making Simon Cowell's life more complicated, it's not the first time his involvement with Silverman has made waves in the X Factor boss' personal life.

Cowell's dalliances with Silverman reportedly put an end to his fledgling "hot and heavy" romance with Carmen Electra, according to E! News. "Carmen was at Simon's house in L.A. when she literally busted him with Lauren," a source says.

"Simon called her a friend, but there was nothing platonic about what was going on, if you know what I mean."

According to the source, Electra quickly called off her relations with Cowell. "There was no way she was going to stick around and be a third wheel," the source says.

Meyer makes it clear that she's 'so over' Twilight

Twilight fans hoping that author Stephenie Meyer has more in store for them are going to have to keep waiting. "I get further away every day," she tells Variety. "I am so over it. For me, it's not a happy place to be." Meyer did concede, at least, that she could see herself giving some sort of update, but it might not be what fans are hoping for. "What I would probably do is three paragraphs on my blog saying which of the characters died," she says. "I'm interested in spending time in other worlds, like Middle-Earth."

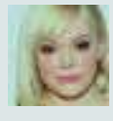
Stephenie Meyer

Jennifer Garner ALL PHOTOS GETTY IMAGES

Garner joins privacy fight for celeb kids everywhere

Jennifer Garner is joining Halle Berry in pushing for a California bill that would make it illegal for paparazzi to photograph their children. "I chose a public life. My three children are private citizens," Garner said while testifying before the California State Assembly Committee on Public Safety in support of the proposed anti-paparazzi bill, according to E! News. "I love my kids. They're beautiful and sweet and innocent, and I don't want a gang of shouting, arguing, lawbreaking photographers who camp out everywhere we are all day, every day, to continue traumatizing my kids."

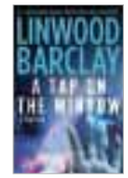
Twitter



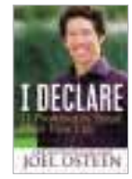
@rosemcgowan
Going through my contact list is like a quick trip through bad times

@SethMacFarlane
Oh cool, a new superhero movie. That is refreshing indeed.

!ndigo bestsellers
NOW 40% OFF*
Our Top 20 are NOW 40% off. In-store. Every day.



1. A TAP ON THE WINDOW Linwood Barclay
Something is horribly wrong in the small town of Griffon NY. It's been two months since private investigator Cal Weaver's teenage son died in a tragic drug-related accident. This town has too many secrets, too many lies – and Cal has decided to expose those secrets one by one.
Last Week: 1 / Weeks on List: 1



2. I DECLARE Joel Osteen
Words have always had power. Joel Osteen's *I Declare*, now available in paperback, offers daily inspirations that harness the power of words. Shift the way you describe your life by declaring your blessings, and change will swiftly follow.
Last Week: 2 / Weeks on List: 1

	This Week	Last Week	Weeks on List
	3. WAGING HEAVY PEACE Neil Young	3	2
	4. THE WHITE PRINCESS Philippa Gregory	4	3
★	5. WALLBANGER Alice Clayton	-	-
	6. MISTRESS James Patterson	6	1
★	7. ROSE HARBOR IN BLOOM Debbie Macomber	-	-
★	8. THE LAST KISS GOODBYE Karen Robards	-	-
	9. THE GUTS Roddy Doyle	9	1
	10. FIRST SIGHT Danielle Steel	10	5
★	11. THE INCONVENIENT INDIAN Thomas King	-	-
	12. THE ENGLISH GIRL Daniel Silva	12	5
	13. THE OCEAN AT THE END OF THE LANE Neil Gaiman	13	9
	14. THE CASUAL VACANCY J.K. Rowling	5	3
	15. INFERNO Dan Brown	7	12
	16. WILD Cheryl Strayed	16	20
	17. LET'S EXPLORE DIABETES WITH OWLS David Sedaris	17	17
	18. CRAZY RICH ASIANS Kevin Kwan	8	2
	19. I WEAR THE BLACK HAT Chuck Klosterman	19	3
	20. THE SECRET KEEPER Kate Morton	11	5

Combined Fiction and Non-Fiction Bestsellers for the week, ending August 19th
★ New this week

!ndigo Chapters Coles indigo.ca

Connect with us /chaptersindigo

*IN-STORE 40% discount applies to in-stock books featured on Indigo's Top 20 English Bestseller list at time of purchase at Indigo, Chapters or Coles locations. Bestseller list is determined by Indigo and gets updated regularly. Not valid in conjunction with any other offer or promotion excluding everyday irewards discount and cannot be used to adjust amount paid on previous purchases. Online 50% discount applies to irewards and plum rewards members - 45% off for non-members - on Top 50 Online Bestsellers as selected by Indigo.ca. Offers may change or end at any time without notice. Indigo, Chapters, Coles and indigo.ca are trademarks of Indigo Books & Music Inc..

Online Bestsellers. Top 50 are 50% off at indigo.ca

Chai Chung

(306) 201-4888

www.century21.ca/Chai.Chung

GREAT VIEW!

Great investment property.
Can be future development, or build your own piece of paradise. 159 acres. Just minutes from Regina.

房地产问题？ 请打电话或者发短信给 CHAI (306)201-4888. 谢谢您！

RESIDENTIAL

FIRST TIME HOME BUYER

Great starter home, or revenue property. Features include 3 bedrooms, nice sized kitchen, and newer flooring in dining and living room. Move in ready. Large yard, room for garage. Priced to sell!! $134,900

MLS® 470062

READY TO BUILD

Great community to live and raise a family! Indoor skating rink, community gatherings, and exquisite church. Perfect over sized lot in the charming town of Grey. No homes or lots for sale around the area, showcasing the stability of the community. $49,000

MLS® 466840

CONDO LIFE

Two bedroom, two bath condo in the heart of downtown! Panoramic views of the city. This dynamic unit is fitted with corner fireplace, solid oak cabinets and granite countertops. Separate in-building storage, newer water heater, underground parking. Low Low Condo fees!!! $415,000

MLS® 466835

GREAT HOME

Corner lot in a quiet neighbourhood. Backyard equipped with multi colour lighted hot tub. Walk in to find a sunken living room, good size kitchen and a Rec room in the finished basement perfect for entertaining. $339,000

MLS® 470062

CLOSE TO UNI-VERSITY!

Beautifully upgraded townhouse condo located in Whitmore Park. Mahogany hardwoods, smokey marble tiles. Brand new kitchen cabinets, sink, and granite countertops. $234,900

MLS® 465544

DON'T WAIT!

Very well cared for home, built in 2004. Private backyard, faces a bench park. Basement professionally developed and features 9 foot ceilings. Back yard deck is open and has lots of space with a pond and trickling waterfall for complete paradise! $438,900

MLS® 462476

DOWN-TOWN CONDO

2 Bedroom, 2 Bath home is priced very attractively! With beautiful upgrades such as hardwood flooring and granite countertops, this condo is spectacular and even includes 10 ft. ceilings and large windows. $339,900

MLS®472389

GREAT INVEST-MENT

4 units currently leased. Main level features 2 commercial units, 2 residential suites. HVAC fresh air ventilation system, C/air, 5 parking stalls $549,900

MLS® 463472

NEW DEVELOPMENT

BELLE PLAINE

Perfectly located in the heart of Belle Plaine as it is only 25 minutes from city limits! This new construction home features 3 bedrooms, 2 full baths and beautiful finishes such as granite countertops. This is just one of many floor plans and choose from! $479,000

MLS® 466278

COMMERCIAL

TISDALE, SASK

Great business opportunity!! Features some upgraded seating areas, large kitchen, and everything currently in restaurant except coffee grinder. Machine and dishwasher included. Great location. $274,900

MLS® 467540

GREAT ROI

Fantastic business. Financial statements provided under confidentiality agreement, business and building sold together featuring a very successful Chinese Canadian restaurant. 3 bedrooms, 1 bath, and garage. Owners are retiring! Restaurant includes all current seating, buffet warmer, all commercial equipment and inventory! $399,900

MLS® 464859

Independently Owned and Operated ® and TM, trade-marks of Century 21 Real Estate LLC, used under license.

How to makeup for your masculine ensemble

If you're slipping into a tweed blazer, an oversized cardigan or a sleek women's tux this fall, the right beauty look is the perfect accessory to complete your menswear-inspired outfit.

The choice is yours to do a 180-degree turn and go with hyper-girlie, or stay strictly tomboy. Either can complement the more masculine clothing silhouettes.

Makeup with menswear is a little more important than other styles because with a neutral, muted palette of greys, blacks and browns, "you want to have a little life to your face, a little health and vigour," says Linda Wells, Allure magazine's editor-in-chief.

When suiting up in this fall trend, women have choices for their beauty look, she says. "Are you going to exaggerate the menswear look and play it up fully, or are you going to offset it with something feminine?" Wells says.

To soften menswear staples like grey flannel and houndstooth, which are so often fashioned into tailored items, add femininity by playing up the eyes or lips, experts advise, but not both at the same time so your features don't compete.

"You want to add feminine flair throughout the face if you can't have it on the body through the clothing," says Myiesha Sewell, a Sephora Pro makeup artist.

For a ladylike touch, Wells envisions soft hair with a little wave to it falling over the forehead along with a rich burgundy lipstick, or dark, smoky eyes featuring grey eye shadow, eyeliner and lots of mascara. "Who doesn't want to be a femme fatale?" she says of the "sexy androgyny" combination of feminine makeup and menswear.

THE ASSOCIATED PRESS

Talk to the T: Say it loud, say it stylish with a graphic shirt

Stay on top of this fashion craze. Comics, creatures and credos are covering your fave back-to-school staple this fall

The T-shirt and graphic shirts are one of fashion's most basic items, but even with today's popular slim cuts, there's wiggle room to change up the style. That can be pretty important to the kids and teenagers who practically live in them but like to feel that they have something new when they go back to school.

This year's news comes in next-generation graphics, old-school characters and witty or powerful phrases.

"The best and most memorable graphic Ts throughout the years are the ones that capture the pulse of that time," says Tana Ward, senior vice-president and chief merchandising officer for American Eagle.

Because of the price — and frequency of wear — T-shirt trends also can move quickly because they aren't intended as long-term investment pieces.

"This is an affordable fashion change," says Seventeen fashion director Gina Kelly.

"Graphics are really, really big in the teenage market, and so is nostalgia," Kelly says.

"At 16, a girl understands irony, and that makes it cool to do some things. You also have T-shirt companies borrowing from the runways like Givenchy, and that's where you'll see space prints, high-fashion prints — and photo-realism prints are definitely big, too."

It's all about image and messaging, which this generation is very comfortable with, she says. "It's about affirmation on your chest. You are making your statement, whether you are making fun of designers with a 'Celine as Celfie' shirt or saying you loved Hello Kitty when you were in kindergarten."

The heavily logoed look also is passé, says AE's Ward. "Today, our customer is focused on projecting a personal identity. ... Our girl is also much more aware of the artistic side of graphic design and how it adds texture and interest to her outfit."

All she needs is a circle mini skirt and a pair of printed jeans (two other popular back-to-school items this year), and she is good to go, says Kelly.

THE ASSOCIATED PRESS

Zip! Boom! Pow!

Betsy Zanjani of Forever 21 points to the comics craze — taking note of the pop culture phenomenon that Comic-Con has become — as one of the strongest influence on T-shirts.

- Forever 21 has opened in-store Marvel Comics shops as the retailer noted "an almost cult following of old-school comic strips and vintage action figures," she says. "Things that are vintage and retro are really strong in both our male and female businesses."

Twitter

JEANNE SPACE
Jeanne Beker
life@metronews.ca

TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

Home at last: My new man! Fresh from Lunenburg #NS Thanks to Ransford Naugler.

Yesterday carpets, today hair colour! Going richer for fall thanks to TO's best colorist Marina Loo #RapunzelHair

Trends Report

- Are you a fan of the Netflix series Orange is the New Black? For this week's Trends Report, I decided to see if orange can be the new black — without it looking like a prison jumpsuit. Go online to see my orange-theme fashion finds and judge for yourself.

metronews.ca/voices/trends-report

Follow Irene on Twitter at @MetroIreneK

One-minute miracle

Hair saviour, time saver

Uniq One All in One Cleansing Balm $20, uniq-one.com

"Low-maintenance types will love that this hair balm can replace the cluster of hair products crowding your shower. Bonus: its keratin-enriched, sulfate-free formula means you can use it daily. The built-in cleanser and conditioner also work to volumize, smooth and strengthen strands, while preserving colour-treated hair. How efficient is that?"
Ashley Kowalewski, TheKit.ca

FOR MORE FASHION AND BEAUTY NEWS YOU CAN USE, CATCH UP WITH THE KIT AT THEKIT.CA

Ikea's upscale collection a winner

Affordable Stockholm design launched this week

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Every three years mass market furnishings retailer, Ikea, introduces a much anticipated upscale collection of furnishing and home accessories.

This year, the coveted Stockholm Collection is introduced in limited quantities to the 325 stores in 40 countries around the world, bringing high-design at still very affordable prices.

With trends emerging like walnut wood furnishing, Kelly green and citrus yellow colours, it looks like this special collection will be on-trend for a long time.

Look for this special (and very well-priced) quality collection in the five million Ikea catalogues delivered this week to homes across Canada or in your local store. Here's a sneak peek and a few of my favourites:

Living room

Medium walnut wood tones and pops of yellow and green are on trend in the Stockholm Collection, introduced every three years at Ikea.

Rug

Take the three most favourite trend colours (grey, brown and green) and blend them together to incorporate past, current and future trend colours onto the floor.

Stockholm Striped Wool Rug, $299

Mirror

Illusions of depth give you varied perspective when looking through the angled walnut frame.

Stockholm Mirror 80, $99.

Dining room

Walnut wood is predicted to be the "next big wood" in home decor. The walnut wood used in the Stockholm Collection is actually Canadian walnut wood veneers.

Table

The big family table is back! Eight feet of Canadian walnut takes mid-century modern good looks into the future.

Stockholm Dining Table, $699.

Vase

Colourful blown glass to wake up your tables; three down the centre of a table would have real impact. Just add flowers!

Stockholm Vase 20, $49.99.

Chair

At the table or in a corner; solid & comfortable in this year's best colour (also available in natural walnut).

Stockholm Chair Green, $149.

Lane Way Homes in Harbour Landing *Prices Starting at* *$354,044*

The Aries

1418 sq.ft.
5318 Whereatt Road
$387,168

The Lyra

1318 sq. ft.
5314 Whereatt Road
$367,568

The Orion

1377 sq.ft.
5322 Whereatt Road
$386,377

The Pavo

1448 sq. ft.
5310 Whereatt Road
$393,048

Show Homes
244N Thauberger Road
5301 Mitchinson Way
Monday – Thursday 7-9pm
Saturday & Sunday 1-5pm

artisan

Find your new home now at *www.ArtisanDesignBuild.ca*
Call us at 306-988-1869

Above prices include house, lot, GST, connection fees & piles. Images are artist renditions and are subject to change.

Holy easy to make guacamole!

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

There is nothing more delicious than homemade guacamole.

The key is finding a ripe avocado for the delicate texture and flavour.

Store unripe avocados in a paper bag, but don't refrigerate them.

1. Combine the avocado, cilantro, tomatoes, mayonnaise, jalapeño, garlic, lemon juice, and salt and pepper in a small bowl.

2. Serve with crackers, crudités or as a garnish.

Guac facts

- **Prep.** This recipe takes only 10 minutes to put together.
- **Make ahead.** Make a couple of hours before serving. Too early and the avocado will brown.
- **Nutrition information per serving (1 tbsp/15 ml).** 19 calories, 0.17 g protein, 0.9 g carbohydrates, 0.5 g fibre, 1.8 g total fat, 0.3 saturated fat, 0 mg cholesterol, 45 mg sodium

Ingredients

- 1/2 cup mashed ripe avocado
- 2 tbsp chopped cilantro
- 1/3 cup finely diced tomatoes
- 1 tbsp light mayonnaise (50 % reduced)
- 1 tsp finely chopped jalapeno pepper (or 1/2 tsp/2 1/2 ml hot chili sauce)
- 1/2 tsp finely chopped garlic
- 2 tsp lemon or lime juice
- pinch of salt and pepper

This recipe makes 2/3 cup (160 ml). COURTESY ROSE REISMAN

For your phone

Chefs Feed (iPhone; free)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

Chefs will never forget a great meal prepared by someone else. This social network lets them share such discoveries, sorted by location and dish, for your taste buds to follow.

A top of the morning fiesta for your taste buds

1. Place the eggs in a small saucepan. Add enough cold water to cover by 1 inch. Bring the water just to a boil, then remove the saucepan from the heat, cover it, and set it aside for 10 minutes. After 10 minutes, transfer the eggs to a bowl of ice and water and let cool completely.

2. While the eggs are cooking, in a colander toss the tomatoes with a hefty pinch of salt and let drain for 10 minutes.

3. In a small bowl, combine the drained tomatoes with 1 teaspoon of the jalapenos, 2 teaspoons of the lime juice, 1 tablespoon of the onion and the cilantro. Toss well, then set aside.

4. Once the eggs have cooled, peel and halve them lengthwise. In a small bowl combine 6 of the yolks (discarding the remaining 2 or saving them for another use) with the avocado, mayonnaise, and the remaining 1 tablespoon of lime juice. Mash with a potato masher or fork until the mixture is smooth with a few lumps.

5. Stir in the remaining onion and jalapeno, add salt and pepper to taste. Mound the egg-avocado mixture into the egg whites and top each one with some of the salsa. **THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.**

Ingredients

- 8 large eggs
- 1/2 cup finely chopped tomato
- Kosher salt
- 1 tbsp plus 1 tsp minced jalapenos (discarding seeds and ribs, if desired), divided
- 1 tbsp plus 2 tsp lime juice, divided
- 3 tbsp minced white onion, divided
- 1 tbsp chopped fresh cilantro
- 1 very ripe Haas avocado, peeled, pitted and coarsely chopped
- 1 tbsp low-fat mayonnaise
- Ground black pepper

Mexican-Style Stuffed Eggs

This recipe makes 16 stuffed egg halves MATTHEW MEAD/ THE ASSOCIATED PRESS

Lunch. Soft Turkey Tacos

1. In a large mixing bowl combine the shredded lettuce, carrot matchsticks, chopped cilantro, olive oil, lime juice, and salt and pepper to taste.

2. Lay out tortillas and divide mixture among tortillas; top with turkey breast strips. Fold in half and enjoy.

NEWS CANADA/ PILLER'S FINE FOODS

Ingredients

- 125 ml (1/2 cup) lettuce, shredded
- 60 ml (1/4 cup) carrots, cut into matchsticks
- 15 ml (1 tbsp) cilantro, finely chopped
- 30 ml (2 tbsp) extra virgin olive oil
- Juice of one lime
- Salt and pepper, to taste
- 4 soft corn tortillas
- 5 slices Piller's Simply Free Roasted Turkey Breast, cut into strips

Model good reading habits for your children and continue reading to your kids even after they can read on their own. JACK HOLLINGSWORTH/PHOTODISC/THINKSTOCK

The early bookworm gets the grades

MICHELLE WILLIAMS
For Metro

Not every child is a born reader, but there are ways to encourage your child to become a good reader.

Start by letting them read what they enjoy.

"Your child will be most engaged when you discover reading materials that interest them," said Halton (Ontario) District School Board elementary school teacher Kevin Foster. "It doesn't have to be standard reading material. Comic books, graphic novels and magazines all have great text features that tie in to the visuals for easier comprehension."

Head to the library or bookstore together and discover subjects they enjoy reading about, then be sure to have those books or reading materials on hand.

Be sure that the level is appropriate by previewing what they read.

"If it's too difficult, kids get frustrated and disengage," Foster said.

He suggests the "five-finger rule" — if there are more than five words your child is struggling with on the page, then the book may be too difficult for them.

Think outside the printed page.

"Kids who are spending time on a computer are often getting in lots of reading online," Foster said. "There are all sorts of cool websites that will engage young readers."

You can also take it outside — read things together like menus, road signs and licence plates.

"Let kids experience reading in many different ways and settings."

Model good reading habits for your children. Read a lot yourself and continue reading to your kids even after they can read on their own.

"It's important to demonstrate great fluency, intonation and expression so they see that reading is more than decoding words," Foster said.

Remember to stop and ask questions.

"It's a great way to make deeper connections with their past experiences and to check their comprehension."

Finally, set aside some quiet time for reading to foster independence, as well as reading skills.

BACK TO SCHOOL BARGAINS

SAVE $5 on your purchase of $20 or more*

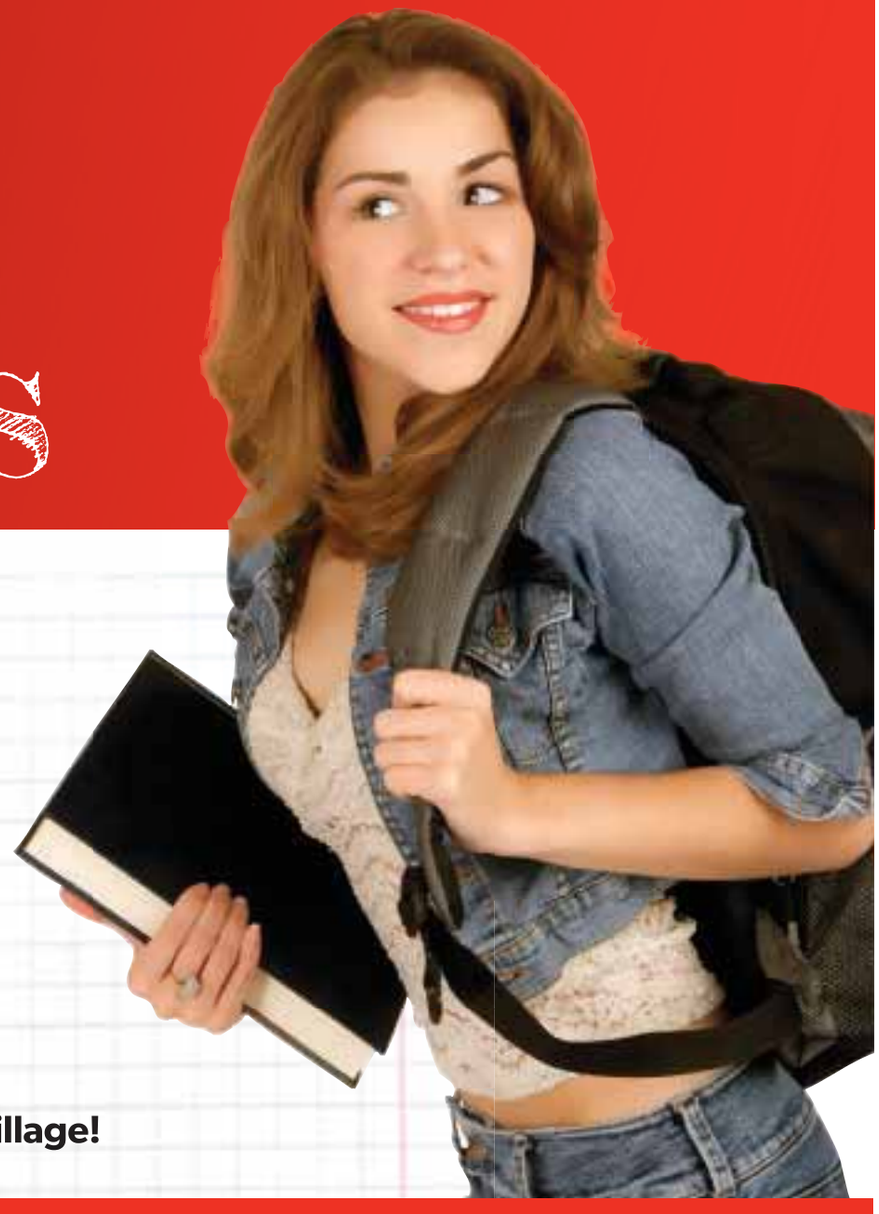
Offer valid thru August 31, 2013. Offer not valid on sale day, Monday, August 26, 2013.

*Please present coupon prior to purchase. Not valid at grand openings, on sale days or with any other coupon or discount. No cash back. No cash value. Not valid on new merchandise (red tags). One coupon per person, per day. Coupon value forfeited if item is returned.

4 99000 00501 4

ValueVillage
Good deeds. Great deals.
www.valuevillage.com

BACK TO SCHOOL BARGAINS



in store now!

Value Village has everything you need to head back to school in style!

Quality used jeans, sweaters, jackets and shoes! Find hot labels such as Levis and Gap! Plus Value Village has kitchen supplies and bedding for dorm rooms, bags and backpacks, notebooks and more! Everything marked at amazing low prices!

Chalk up big savings this Fall at Value Village!

When they outgrow it, donate it at Value Village! We pay local nonprofits every time you donate!

Regina
1230 Broad St
(306) 522-1228
Mon. - Sat. 9am - 9pm, Sun. 10am - 6pm

Fall into Big Savings!
50% off clothing, shoes, accessories, bed & bath
Mon., Aug. 26, 2013
9am - 9pm

ValueVillage
Good deeds. Great deals.
www.valuevillage.com

JOIN THE CLUB
www.supersaversclubcard.com

The Blue Jays' Kevin Pillar, who was called up after the team traded Emilio Bonifacio, makes a diving catch off a ball hit by Jonny Gomes as he makes his major-league debut against the Red Sox in Toronto on Wednesday. The Jays walked off with a 4-3 win in the 10th inning. NATHAN DENETTE/THE CANADIAN PRESS

Blue Jays bid bon voyage to Bonifacio

MLB. Toronto GM Anthopoulos, Gibbons agree on dealing inconsistent new recruit

The Toronto Blue Jays made a splash last off-season when they acquired Jose Reyes, Mark Buehrle, John Buck, Emilio Bonifacio and Josh Johnson from the Miami Marlins.

That trade didn't get the expected results for Toronto, and general manager Alex Anthopoulos is moving the team in a different direction.

Bonifacio was traded by the Blue Jays on Wednesday to the Kansas City Royals for a player to be named later or cash, while Johnson will have an MRI to see how long it will take for him to recover from a strained right forearm.

"Clearly they haven't played and performed the way we expected them to when we acquired them, there's no doubt about that at all," Anthopoulos said when asked if he was second-guessing the Marlins deal. "But the process when you go into these things, you know there's no guarantees of performance.

"Sometimes you have guys that perform a lot better than you thought they could, both internally and externally."

Bonifacio hit .218 as a utility player this season with three home runs, 20 runs batted in and 12 stolen bases. He saw time at second base, shortstop and all three outfield positions. Kansas City claimed the 28-year-old on waivers, forcing Anthopoulos to strike a deal.

"It just didn't work out," said Blue Jays manager John Gibbons. "Ton of talent, got some opportunities. It just never came together on a consistent basis. We loved the guy, what he brings to the park. He shows up to play, he could make some things happen. There just wasn't enough consistency there."

THE CANADIAN PRESS

Roster moves

- Trading Emilio Bonifacio cleared space on the roster for outfielder Kevin Pillar, who was recalled from triple-A Buffalo.
- Toronto also announced that outfielder Colby Rasmus was on the 15-day disabled list and recalled popular infielder Munenori Kawasaki.

NFL

Brady goes down in Pats practice

Tom Brady walked off the field under his own power. Several teammates didn't think he was hurt badly when he grabbed his left knee after being knocked down.

Yet the possibility that the New England Patriots might lose their star quarterback caused a scare at the team's joint practice with the Tampa Bay Buccaneers on Wednesday.

A person with knowledge of the injury said an MRI was negative and Brady was day-to-day with a left knee sprain.

THE ASSOCIATED PRESS

Tom Brady THE ASSOCIATED PRESS

NHL

NBA owner to buy Devils: Source

A person familiar with the negotiations says Philadelphia 76ers owner Josh Harris will add the NHL's New Jersey Devils and the lease to their arena to his portfolio Thursday.

Attorneys for both sides were putting the final touches on the deal Wednesday that would allow Jeff Vanderbeek to sell his majority ownership to Harris, said the person, who asked not to be identified because neither party had announced the deal.

THE ASSOCIATED PRESS

Raonic stands tall while his compatriots fall

Milos Raonic returns a serve against Janko Tipsarevic on Wednesday in Mason, Ohio. AL BEHRMAN/THE ASSOCIATED PRESS

Milos Raonic advanced to the third round of the Western & Southern Open on the same day fellow Canadians Vasek Pospisil and Eugenie Bouchard were knocked out.

The 12th-seeded Raonic beat Janko Tipsarevic in straight sets, 6-4, 7-6 (4) on Wednesday. It's his third win in as many tries over Tipsarevic, and comes a day after he struggled somewhat in a three-set first-round match over American Jack Sock.

"I played better than yesterday," Raonic said. "I was better from the baseline and created more opportunities for myself. It was a pretty clean match."

Raonic will face American John Isner next. Isner won their only other match in the Toronto quarter-finals a year ago.

"Isner will be tough. It will come down to a few points," Raonic said. "I have to serve well and keep the pressure on him in that sense. If I create opportunities I have to make the most of them and play as disciplined as possible."

Pospisil, ranked 40th in the world, was upset 7-5, 1-6, 7-6 (6) by Belgian qualifier David Goffin, who's ranked 80th.

Bouchard will get some rest after putting a scare into world No. 1 Serena Williams. Bouchard won the first set before Williams asserted herself in a 4-6, 6-2, 6-2 victory.

THE CANADIAN PRESS

Quoted

"I'm a little emotionally drained. Maybe it's good to rest before the (U.S.) Open."

Vasek Pospisil following his loss to David Goffin on Wednesday.

Horoscopes

♈ Aries
March 21 - April 20
If you start your day early and finish it late, you will get through ten tasks to every one your rivals manage to complete. Your momentum will keep you going through tomorrow and into the weekend.

♉ Taurus
April 21 - May 21
You seem to be torn between options, unable to decide which is the best route. Sit quietly for a few minutes and let your intuition guide you. Deep down you already know what the answer is.

♊ Gemini
May 22 - June 21
Ignore those who say you are going to fail, they don't know what they are talking about. Equally likely is that they fear your efforts will bring you huge success, making them look bad. Good — go for it!

♋ Cancer
June 22 - July 23
You don't have to face a tough situation alone today. You have friends all around you. All you have to do is reach out to them and they will gladly assist.

♌ Leo
July 24 - Aug. 23
With Mercury in your sign linked to genius planet Uranus, you will come up with ideas that could change the world. Even if you don't want to go that far, you can certainly change your life for the better.

♍ Virgo
Aug. 24 - Sept. 23
The next 24 hours may be a bit too noisy for your tastes but you will get through it OK. Instead of trying to avoid loud people why not, for a short time, get loud yourself.

♎ Libra
Sept. 24 - Oct. 23
Do what makes you feel good, rather than what makes others feel good. You have every right to pursue your own happiness and prosperity. Anyone who tells you otherwise is a fool.

♏ Scorpio
Oct. 24 - Nov. 22
Changes in your career or social life may make it difficult to plan ahead but that is not a bad thing. Today's Mercury-Uranus link will throw up an unexpected opportunity. Grab it with both hands.

♐ Sagittarius
Nov. 23 - Dec. 21
Sometimes it's OK to get angry. In fact, if someone annoys or provokes you today you must let them know about it in up-front terms. Some people, sadly, are simply too dim to learn any other way.

♑ Capricorn
Dec. 22 - Jan. 20
The best cure for doubt is action, so throw yourself at what you have to do today and forget everything else, at least for a while. You will find that what you have been worrying about is of no concern.

♒ Aquarius
Jan. 21 - Feb. 19
You may look cool and calm to the world at large but deep down you are actually a sensitive person and you must not try to deny it. Let your passion drive your actions.

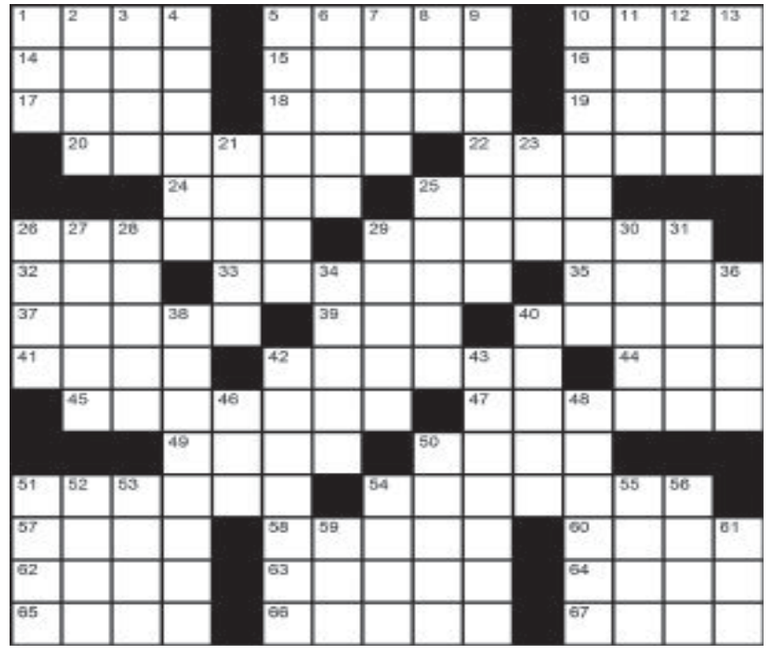
♓ Pisces
Feb. 20 - March 20
Open your mind to new possibilities, especially where money and related matters are concerned. Your instincts will guide you in the right direction.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



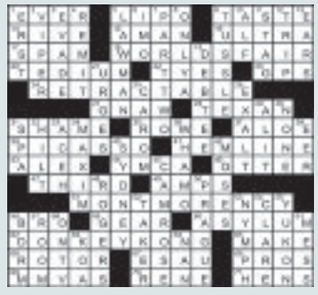
Across

1. Alphabet sequence
5. Military doc
10. Person, place or thing
14. __ mortals
15. Andrew Lloyd Webber musical
16. Competent
17. Regrettably
18. "__ '__ In": Wings song that goes "Someone's knockin' at the door."
19. Canadian hardware store
20. "Danny's Song" by Loggins and __
22. Belovedly win over
24. Superlative suffix
25. Move like a river
26. Art stands
29. Hybrid pastries currently a craze
32. Understood
33. Cowboy's prop
35. Dubai, United __ Emirates
37. Canadian actor Paul
39. Prince Valiant's son
40. Talk in a monotone
41. Colonnade of ancient Greek architecture
42. Machu __ (Inca archaeological site)
44. Stage actress Ms. Hagen
45. Toronto-born actress Ms. Watson whose name is Western-inspired
47. 2009 James Cameron movie
49. Vegetable variety
50. Dish of the day, __ du jour
51. Keep your cool: 2 wds.
54. __ cheese sandwich
57. __ the crack of dawn: 2 wds.
58. Detached in manner
60. Land amount
62. Ms. Remini
63. #10-Down's expression: "Doot __ Doot Doo..."
64. Certain carpet
65. Mr. Affleck's
66. County in England
67. "No Particular Place __ __" by Chuck Berry

Down

1. ABC's early li'l daytime show
2. Leadership position
3. "Dies __": Latin hymn meaning 'Day of Wrath'
4. Brit singer, __ J
5. "Canadian Idol" Season 3 winner Ms. O'Neil
6. Function
7. Ms. Von Teese
8. 'Meteor' suffix
9. Realm of Arthurian†legend
10. Interviewer, __ the Human Serviette
11. Woodwind
12. Forearm bone
13. Within earshot
21. Markets
23. Quebec turndown
25. Swiss currency
26. Scrambled servings
27. Major artery
28. "Cheers" seat
29. Approximately, in dates
30. Speckled fish
31. New†Mexico's capital, __ Fe
34. Broadway baritone John (b.1917 - d.2005)
36. Grizzly or Polar
38. Days of rest
40. Village in Saskatchewan
42. Fabricated beforehand
43. Nova Scotia's capital
46. Sushi bar's 'Unagi'
48. Etta James song Beyonce covered: 2 wds.
50. Worker, informally
51. Baby tulip
52. Sword sort
53. Scott of "Hawaii Five-0"
54. Mucky matters
55. Bon __ Provincial Park, ON
56. Pull along
59. 'L' in L.A.
61. Identity part

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

					7	4		
			6	8		7		
2	9	7				3		
8			7		4		6	
	3						9	
	7		8		1			4
		2				9	5	3
		4		6	2			
		3	5					

Yesterday's Sudoku

1	8	2	7	5	6	3	9	4
6	5	4	9	3	1	2	7	8
3	9	7	8	4	2	5	1	6
2	3	6	5	9	7	8	4	1
5	7	1	2	8	4	9	6	3
8	4	9	6	1	3	7	2	5
4	1	5	3	2	9	6	8	7
7	2	3	4	6	8	1	5	9
9	6	8	1	7	5	4	3	2

Today 29°/16° Sunny
Friday 32°/17° Sunny
Your #1 weather forecast now available in HD.
TWN incorporates MSC data

visit metronews.ca
metro

nightline where naughty is nice
60 MINUTE FREE TRIAL
306.569.2222
OTHER CITIES 1.877.834.4044
Text "SCORE" to 96669 $5/10min
Dial #DATE (#3283) 79¢/min
1.900.561.5555
$25/50min
NIGHTLINECHAT.COM

CASH FOR CLUNKERS

Guarantee $2000 trade-in

HAS YOUR CLUNKER BEEN REGISTERED FOR AT LEAST 30 DAYS, IS CURRENTLY RUNNING AND DRIVES?

GUARANTEED $2,000 TRADE-IN VALUE ON ANY NEW OR USED VEHICLES!

WE ARE #1 FOR A REASON!!

- We treat Customers Like Family!
- Huge Supporters of the Community!
- We are the #1 rated dealership in Saskatchewan according to dealerrater.ca!
- We are the #1 GM retailer in Canada 4 years in a row!
- We pay top dollar for trades!
- We have the largest selection in Saskatchewan!
- We have the Cash for clunker program available on USED & NEW Vehicles!
- We have a non Commission Sales Staff!
- We have 0% Financing available on Select Models!
- Up to 14,000 off of MSRP

NEW 2013 GMC SIERRA REGULAR CAB
STK#33322
UPGRADED TIRES, LOCKING DIFFERENTIAL, ONSTAR, BLUETOOTH
NOW ONLY $18,488 $69/WEEKLY TAX PAID

NEW 2013 GMC SIERRA SLE EXT CAB 4X4
STK#33211
CHROME PACKAGE TOW PACKAGE, Z71
NOW ONLY $29,488 $106/WEEKLY TAX PAID

NEW 2013 GMC SIERRA DENALI AWD
STK#33363
6.2L, SUNROOF, NAV, LOADED
NOW ONLY $45,982 $161/WEEKLY TAX PAID

NEW 2013 GMC SIERRA 2500HD CREW CAB 4X4
STK 33737
GFX EDITION, BUCKET SEATS, XM RADIO, Z71
NOW ONLY $44,919 $164/WEEKLY TAX PAID

NEW 2013 GMC TERRAIN
STK#33622
BLUETOOTH, XM, REAR CAMERA, CONSUMER BEST BUY!
NOW ONLY $23,922 $89/WEEKLY TAX PAID

NEW 2013 BUICK ENCLAVE
STK#331402
LOADED WITH OPTIONS NAVIGATION, TOW PACKAGE
NOW ONLY $53,871 PLUS 0% FINANCING FOR 84 MONTHS

WE PAY OFF YOUR TRADE NO MATTER WHAT YOU OWE

CALL COLIN TODAY AT 1-855-632-4018 AND GET APPROVED!

4020 Rochdale Blvd.
www.CapitalGMC.ca

CAPITAL
BUICK • CADILLAC • GMC

1-855-632-4018